

THERE ARE 200,000 IN THE UNITED STATES COMING DOWN WITH PNEUMONIA THIS WINTER

You May Be One of Them Unless You Observe Some Sensible Precautions.

**Written for The Day Book by
Leonard Keen Hirshberg,
B. A., M. D.**

There will be 200,000 cases of pneumonia in the United States this winter! Do you expect to escape its ravages? For of these two hundred thousand, over fifty thousand will die. Statistics carefully kept for nearly a thousand years prove this.

The ancient Greeks, especially Hippocrates described pneumonia exactly as we know it today. It is a malignant inflammation of the lungs due to minute organisms, or germs. These blockade the air passages, poison the breathed air, and weaken the heart.

There are several forms of pneumonia, but the common type is produced by the tiny shot-shaped germ, the pneumococcus. Under the microscope this is a tiny, black speck, surrounded by a transparent capsule. It belongs to the lowest order of living, moving plants. Despite its active motility, it is not an



Dr. Hirshberg.

animal, but a vegetable parasite.

Pneumonia is commonly associated with cold weather. In point of fact it is most prevalent in winter, but it is a disease of all seasons and all climates. Wherever you find civilized beings, there you will find pneumonia. It is at its worst in January, and is least met with in July and August. A sudden chill, however, in summer, is just as apt to end in pneumonia as a sudden chill in Christmas.

At the start, the symptoms are much like those of a severe "cold" in influenza. A sharp chill is commonly followed by a high fever. Then appears a darting pain in the chest, a dry cough with blood stained sputum (very infectious), and quick, catchy breathing.

Pneumonia, when uncomplicated is a self-limited disease. The attack cannot be shortened. The patient must be placed in a light, airy, well-ventilated room and plenty of water, lemonade, and easily digested food such as egg-albumen, milk, and meat juice given to him. Modern physicians employ icepacks to the head and chest to reduce the fever, and relieve the pain. Minor devices are used to alleviate the cough, and support the strength to the sufferer.

Against the pneumococcus itself, nature must still wage her war unaided. But it is often possible for the alert doctor to lend